

Reduce arthritis pain? It's not such a big stretch.

Studies show that 30 minutes of moderate physical activity three or more days a week can help you move more easily. So walk. Swim. Dance. Ride a bike. If 30 minutes is too much, try 10 minutes at a time. To make it fun, do it with a friend. Stick with it, and in four to six weeks you could hurt less and have more energy.

Physical Activity. The Arthritis Pain Reliever.

[Call 1-800-283-7800 to learn more.](http://1-800-283-7800)

A MESSAGE FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION
THE ARTHRITIS FOUNDATION
THE DEPARTMENT OF HEALTH & HUMAN SERVICES

